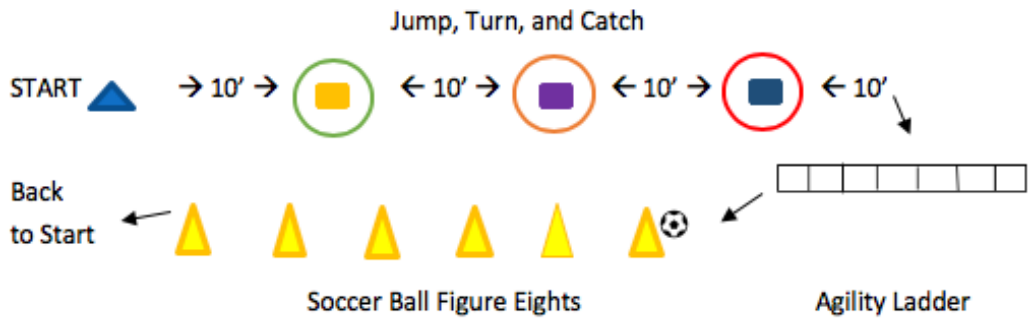


Class Equipment List	<u>Fitness Stations & Game</u> <ul style="list-style-type: none"> • 4 Tall Cones • 2 Agility Ladders • Dodgeballs (1 per pair) 	<u>Obstacle Course</u> <ul style="list-style-type: none"> • 1 Short Cone • 3 Hula Hoops • 3 Bean Bags • 1 Agility Ladder • 1 Soccer Ball • 6 Tall Cones 	<u>PE Game</u> <ul style="list-style-type: none"> • 1 Playground Ball • 5 Dots/Poly Spots
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Warm-Ups (5 min.): Mark start and end points 25 yards apart and have players go down and back.	
	<p> Warm Up 1: Skip Forward and Backwards Warm Up 2: Side Shuffle Warm Up 3: Butt Kickers Warm Up 4: Sprint </p>

Fitness Stations & Game (20 min.)	
Stations (10 min.)	<p> Station 1: Step Ups Station 2: In In Out Out Station 3: Liners Station 4: Squats </p> <ul style="list-style-type: none"> • Use 4 tall cones to designate 4 stations. Each station should be approximately 25 feet apart. • Divide the players into 4 small groups—1 group per station. • All players begin at the same time by performing the fitness skill at their station for 40 seconds. When time is up, players can rotate by skipping, jogging, hopping, or running to the next station. • Players should complete each station at least 3 times.
Game (10 min.)	<p style="text-align: center;">Head, Shoulders, Knees, Toes, Ball!</p> <ul style="list-style-type: none"> • Players divide into pairs. • Place a ball in the middle of each pair. • Coach will say, “Head,” “Shoulders,” “Knees,” or “Toes,” in any order. • Players should touch whichever part of their body the coach calls out. • When the coach yells, “Ball!”, players race to grab the ball. • The first player to grab the ball calls out an exercise for the other player to do 5 times. • Repeat for time. <p>* Coach should encourage students to pick different exercises.</p>

Obstacle Course (15 min.)	
<p>Setup and Instructions</p>	<p>Set up obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>One person at a time starts the course. Players run to the first hula hoop, pick up a bean bag, and throw it up high in the air. Immediately after throwing the bean bag in the air, players jump and spin 360 degrees, and then try to catch the bean bag before it hits the ground. They get three tries at each hula hoop to catch the beanbag. Players should run between hula hoops. From the last hula hoop, players run to the agility ladder where a coach tells them how to go through the ladder (e.g., hop on one foot, hopscotch, two feet in and two feet out, etc.). Next, players kick a soccer ball in figure eights around the tall cones to the end of the course.</p>
<p>Diagram</p>	 <p style="text-align: center;">Jump, Turn, and Catch</p> <p>START \rightarrow 10' \rightarrow \leftarrow 10' \leftarrow 10' \leftarrow 10'</p> <p>Back to Start</p> <p style="text-align: center;">Soccer Ball Figure Eights</p> <p style="text-align: right;">Agility Ladder</p>

PE Game: Kickball (15 min.)	
<p>Setup</p>	<p>Using dots/poly spots, set up a kickball field with 4 bases and 1 pitcher's mound.</p>
<p>Game Instructions</p>	<p>Goal of the game: Kick the ball and make it around the bases without getting out and also fielding the ball to get the other team out.</p> <ul style="list-style-type: none"> • Baseball rules apply. • Pitcher (who can be the coach, a player from the fielding team, or a player from their own team) rolls the ball to the kicker. • The kicker kicks the ball and tries to make it to a base without getting out. To get a player out, the fielding team must tag them with the ball or step on the base while holding the ball before the runner gets to the base. • When a team has 3 outs, they switch. Fielding team becomes the kicking team. • Variations: For younger players, play without a pitcher, instead placing the ball on home plate, where the kicker can kick the ball while it is still. Bases can be moved closer or farther apart. The game can be played with an everyone-kicks rule instead of switching between kicking and fielding after 3 outs.

Mindfulness (30 sec.)	
Setup	Group students at arm's length. Students should be calm and quiet before beginning. Complete the activity for 30 seconds.
Mindfulness Practice	<p style="text-align: center;">4-7-8 Breath</p> <p>Have the students find any comfortable seated position. Instruct them to keep their tongue pressed against the back of their top teeth during the entire sequence of breath.</p> <p>Then instruct them to:</p> <ul style="list-style-type: none"> • Exhale through the mouth and then close the mouth. • Breath in through the nose for a count of 4. • Hold their breath for a count of 7. • Exhale through their mouth (with whooshing sound) for a count of 8. • Close the mouth and repeat all steps 4 times.

Stretching (5 min.): Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits, you can do both.	
Setup	Group students at arm's length. Students should be calm and quiet before beginning. 1 breath = 4 counts in, 4 counts out. Start each sequence with 2–3 rounds of breath.
Yoga Stretches	<p>1. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> • Interlace the hands behind the back. • Step your feet wide apart. • Turn your toes slightly in and your heels slightly out. • Inhale and lengthen your torso, reaching the crown of your head up toward the ceiling. • Exhaling, fold forward at the hips. • Gently drop your head. • Bring your hands to rest on the floor between your legs. <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> <p>2. Malasan (Yogi's Squat)</p> <ul style="list-style-type: none"> • Squat with your feet as close together as possible. (Keep your heels on the floor if you can; otherwise, support them on a folded mat, rug, or towel.) • Separate your thighs slightly wider than your torso. • Exhaling, lean your torso forward and fit it snugly between your thighs. • Press your elbows against your inner knees and resist the knees into the

	<p>elbows.</p> <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> • From a supine position (lying on the back), bend the left knee and cross it outside of the right foot. • Use your hand to put slight pressure on the left knee to push it toward the floor. • Keep both shoulders squared and rooted to the floor. • Extend the arms to a T, perpendicular to the torso. • Turn the head, so the eyes can see to the left. <p>Take 5 breaths and repeat on the opposite side (right knee crossed outside the left foot, head turned, so eyes can see to the right) for 5 breaths.</p>
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Cooldown Stretches (5 min.)	
Setup	Group students at arm's length. Complete each stretch twice.
Cooldown Stretches	<p>1. Flamingo Stretch</p> <ul style="list-style-type: none"> • Stand on one leg. Grab the ankle of the opposite leg to stretch quad. Hold for 30 seconds. Switch sides and repeat. <p>2. Toe Touch</p> <ul style="list-style-type: none"> • With straight legs and feet pointed forward, reach down as far as possible to touch your toes. Hold for 30 seconds. <p>3. Side Reach</p> <ul style="list-style-type: none"> • Raise your hands in the air and reach to one side. Hold for 30 seconds. Repeat with opposite side. <p>4. Toe Touch Twists</p> <ul style="list-style-type: none"> • With your feet wide apart, touch your right hand to your left foot and twist your left arm to the sky. Hold for 30 seconds. Switch sides and repeat.